

the tail of a fat-tailed sheep is preferred to that of cattle or goats because of its softness. The grease is poured into the ox horn containers over a small skin strip that lies inside, from which the salve can be conveniently stripped off in small quantities between the fingers. 302
415
[237]

Greasing the body with fat is also a thorough massage. The word Igu-ri designates both. For relieving a general [Picture. Horn Fat Containers. 1/4 natural size] sick feeling and for increasing [208] a feeling of well-being (for example, to induce a pleasant feeling of tiredness before going to bed), massage is the Hottentots' favorite kind of body care. [Picture. Pricked Ornamentation around the Horn Fat Container. 1/2 natural size. The vertical lines follow the natural pattern of the horn.] [757]

3. Cosmetics

They try to give their skin a pleasant smell by powdering themselves with buchu (//nōs(e)n). The buchu, sāfb, is a fine brown powder which the women make out of the following ingredients, sometimes, just one, sometimes mixed, according to what is available or to individual taste: 302
137
303

a) from the short, fleshy leaves of certain Mesembrianthemum species, which they call gai- and *Aqari-ga-eb. Instead of these leaves, the aboveground and underground parts of the most varied kinds of bushes are used to prepare buchu, such as the slim bulblike, swollen root part of a Cyperus species.

b) Lichen are favorite ingredients for buchu. The Parmelia hottentotta (Thbg.) Ach. is scraped off stones and therefore is called *u-i//kxao-b, i. e. "stone scratch." Other lichen for buchu have the names *!na-/robeb and *!u-/risā-b.

c) The powdery spores of a mushroom [Bauchpilz] (it seems to be a Podaxon species) are already so fine a powder, that the women hang the dried spore container by a thread around their necks [209] and it empties itself on their necks and breasts. The underground parts of the mushroom are dried and pulverized.

The women keep the buchu herbs which they collect in a little bag, which is made preferably from the skin of a lamb that was born prematurely or has been taken from the body of the mother. The skin is removed in one piece. The parts of the plants are pulverized on a stone either as soon as they are dry or after a brief roasting over the fire. The powder is then frequently mixed with fine quartz dust, 303
302
[415]

//guru's, shaken into a flat, wooden dish, tsari's, and purified of the coarser elements by winnowing.

The powder thus obtained is put in a tortoise-shell box, !u'ros, which is the indispensable toilet article of every woman and grown girl. The front opening of a tortoise shell is enlarged by cutting out a piece of the belly shield, the back opening is closed up with the blackened rosin of the same plant from which they make beads. [Picture. Buchu boxes. 2/3 natural size.] Sometimes the dried skin and the retracted hind legs of the animal make enough of a closure. Sometimes the back closure is a hardened pulp made from the freshly crushed saliva gland of a cow instead of with rosin. A piece of soft jacket's skin serves as the front closure and as a powder container at the same time. A leather hand strap is pulled through a hole in the belly shell.

The men rub only their armpits and neck with buchu but the women rub their whole body except their face. [210] With it they wipe off menstrual secretions and sweat from the skin and I was not able to check the account of one Hottentot that the women also sprinkle the vulva and vagina with buchu in order to win back maidenly charms by the contracting effect of the powder.

Sometimes, because of the pleasant odor, the women incense themselves (/is(e)n) with buchu by placing the powder on hot stones and letting the smoke penetrate their clothes. Buchu is sprinkled on the skin swaddling clothes of babies and on the shrouds of the dead, and on graves.

To make the color of their skins more beautiful, women and girls paint (/ho/bo) their faces. The powder of a piece of clay called !naub, that is colored red by iron oxide is mixed into raw fat that has been made soft by chewing, and the salve is rubbed on the face with a finger. When the stone is lacking, iron rust is used as a substitute. The effect is that of an even brownish-red covering of the face, which even in our eyes, increases the charm of a pretty young face when it is well shaded in.

A remarkable beauty product is a dark brown sticky mass, which is at times found on the surface of rocks in layers as thick as one's finger and is called "stone sweat," *u-i aos-(e)ni (cf. Analysis in the Appendix). Little pieces are rubbed on a rock with water as though they were India ink and rubbed over the greased face. The smeary spotty distribution of this make-up is ugly.

302
303
415

302
415
237

[829]

302

[515
841]

[832]

[854
764]

[386]

[386]